

Daily Affirmations- August 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past. **Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Monday, Aug. 1 st	If it's not broken, don't fix it. If it's already small, don't squeeze it.
Tues., August 2 nd	Go through life with a smile on your face and a song in your heart.
Wed., Aug. 3 rd	Sobriety is possible. Recovery is just ahead.
Thurs., August 4 th	When you can't change your circumstances, you can change your attitude.
Fri., August 5 th	Live. Laugh. Love.
Sat., August 6 th	Stand for something or you'll fall for anything.
Sunday, Aug. 7 th	Don't give up. Don't give in. Bad things done are all called sins.
Monday, August 8 th	To the world you may be one person; to one person who looks up to you, you may be the world.
Tues., August 9 th	Be yourself. Always.
Wed., August 10 th	Smile. God loves you. You will be blessed.
Thurs., August 11 th	You are where you are for a reason.
Friday, August 12 th	Put God first.
Sat., August 13 th	There's no strength without the struggle.
Sunday, Aug. 14 th	Before you act, think!
Mon., August 15 th	All fall short of the glory of God. Repent. Let go. Never do it again.
Tues., August 16 th	Do your time. Don't let your time do you.
Wed., August 17 th	Shine like the sun. Change the definition of broken.
Thurs., August 18 th	You're either your own worst enemy or best friend. Your actions determine which one.
Friday, August 19 th	Be grateful for the blessings. There are always others worse off.
Sat., August 20 th	If nothing changes, nothing changes.
Sunday, Aug. 21 st	God gives his worst battles to his strongest soldiers.
Mon., August 22 nd	Be confident!
Tues., August 23 rd	Life's like a ladder. If you're on the bottom step, you can climb up.
Wed., August 24 th	The pain you feel today builds the strength you feel tomorrow.
Thursday, Aug. 25 th	I choose to be a better person with a clearer mind than yesterday.
Friday, August 26 th	You are who you attract.
Sat., August 27 th	I'm much more than the sum of my mistakes.
Sunday, Aug. 28 th	Pray to your higher power.
Monday, Aug. 29 th	Believe and you will achieve.
Tues., August 30 th	More than a survivor, be an overcomer!
Wed., August 31 st	When you plant yourself around positive people, recovery from addiction becomes easier every day.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Oh yes, the past can hurt. But from the way I see it, you can either run from it, or... learn from it." -

Rafiki in *The Lion King*

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.